

# Better Choices, Better Health® South Dakota

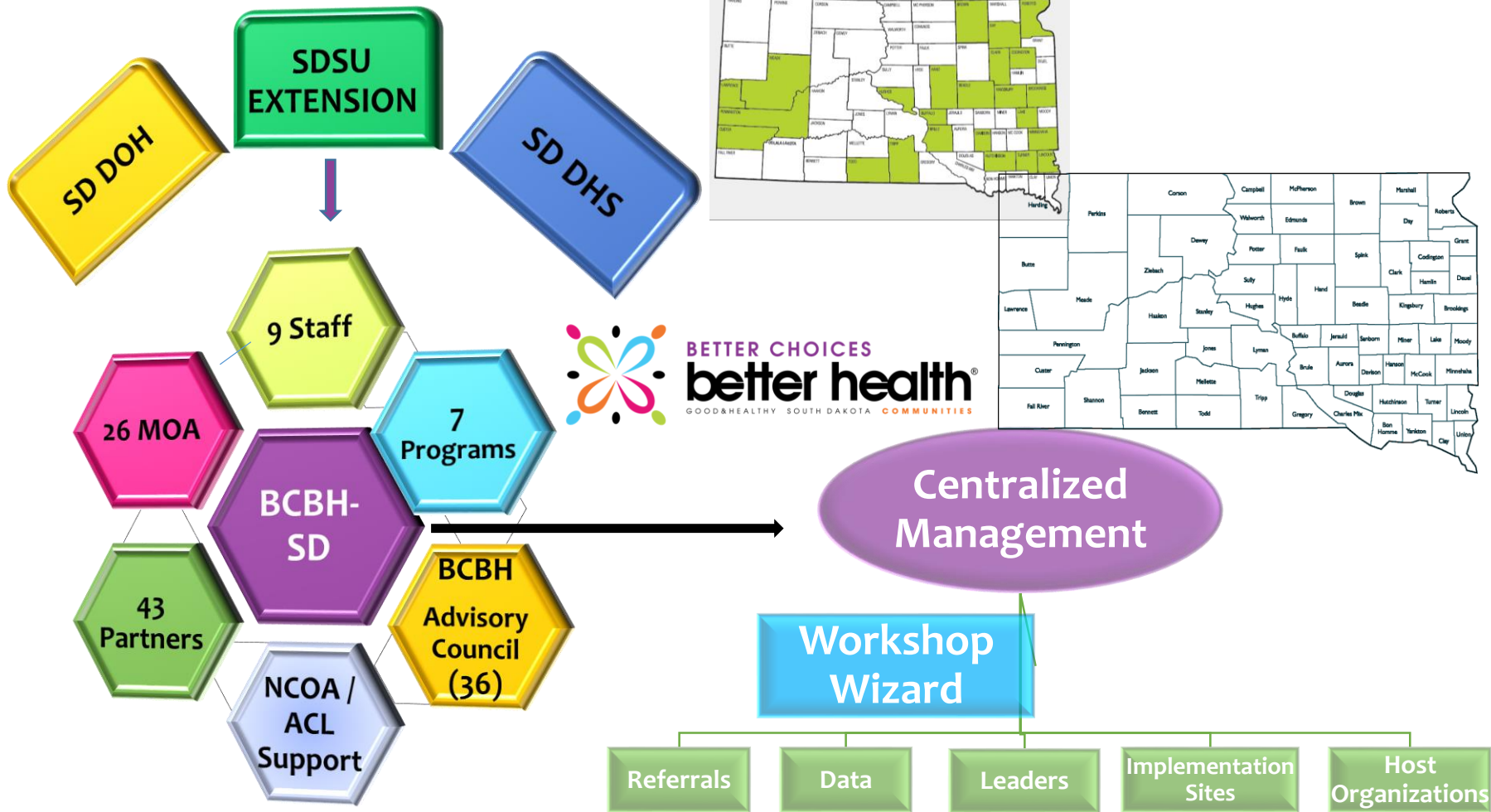
Self-Management Education Workshops

Health Home Sharing  
Meeting - August 4, 2020



## WORKSHOPS YOU CAN ACCESS @HOME

For more information,  
call 1-888-484-3800





A WELLNESS  
CLASS FOR EVERYONE



**Better Choices, Better Health® SD**  
(BCBH-SD) is excited to offer self-management education workshops (still FREE) in several NEW distance learning models that you can participate in right from your home!

Workshops available -

- **Chronic Disease**
- **Diabetes**
- **Chronic Pain**
- **Cancer**
- **Physical Activity / Falls Prevention**

***\*\* Face to Face Workshops suspended due to Covid-19 – planned return in 2021***



To get started, let us know what you are interested in by clicking the links below to complete your registration. Once received, a BCBH Staff Member will contact you to confirm your registration and provide more information.

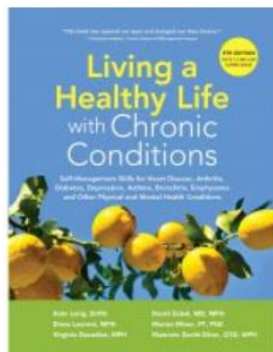


Click [HERE](#) to register!

- Toolkit in the mail for the self-study
- Plus a short, weekly check-in call
- 6 weeks
- 4-6 workshop participants



- Virtual participation (Zoom)
- Book in the mail
- 6 weeks, 2 ½ hours
- 6-12 workshop participants



This Wellness Series offers **BCBH Live! – Chronic Pain & Walk with Ease** (self-guided) together - **Small Steps to Healthy Living!**



Click [HERE](#) to register!



	Walk With Ease (Physical Activity)	Fit & Strong (Falls Prevention)
Format	6-week <b>WALKING PROGRAM</b> with 1 hour sessions; group-led or self-directed format	8- or 12-week <b>EXERCISE/BEHAVIOR CHANGE PROGRAM</b> with 90-minutes sessions; (60-min exercise/30-min group discussion/health educ.
For Who	Adults - from beginners to physically fit <i>*Participants able to be on their feet for 10 minutes without increased pain</i>	Older adults with lower extremity osteoarthritis, but open to all
Goals	<ul style="list-style-type: none"> <li>Exercise safely and comfortably</li> <li>Use methods to make walking fun</li> <li>Doable personal walking plan for improved fitness</li> <li>Gather tips, strategies and resources</li> <li>Maintain a long term exercise routine</li> </ul>	<ul style="list-style-type: none"> <li>Manage arthritis</li> <li>Exercise safely</li> <li>Improve daily function</li> <li>Develop &amp; maintain an active lifestyle</li> </ul>
Outcomes	<ul style="list-style-type: none"> <li>Reduce pain, stiffness, fatigue, and disability</li> <li>Improve strength, stamina, and balance</li> <li>Better stretching practices and walking pace</li> <li>Increase confidence in the ability to manage arthritis</li> </ul>	<ul style="list-style-type: none"> <li>Decrease joint pain &amp; stiffness</li> <li>Reduce anxiety &amp; depression</li> <li>Better balance</li> </ul>



**REGISTER NOW!**

**CALL 1-888-484-3800**

Refer



Connect!

PROGRAM	DATES
BCBH Live! - Cancer	July 29 (Wednesday's 2pm CT/ 1pm MT)
BCBH Live! - Diabetes	August 17 (Monday's 1pm CT/ 12pm MT)
Small Steps to Healthy Living (Chronic Pain + Walk With Ease)	August 18 - Sept. 24 (CP Live! -Tuesday's & WWE Thursday's – both start at 10 am CT/9 am MT)
BCBH@Home – Diabetes	August 18 (Tuesday's 1pm CT/12pm MT)
BCBH Live! - Cancer	September 1 (Tuesdays 7pm CT / 6pm MT)
BCBH Live! - Diabetes	September 9 (Wednesdays 10am CT/9am MT)
BCBH Live! - Chronic Disease	September 9 (Wednesday's 2pm CT/ 1pm MT)
BCBH @Home - Chronic Disease	September 10 (Thursday's 7pm CT/6pm MT)
Walk With Ease	September 14 (Monday's 9:30am CT/ 8:30am MT)
BCBH@Home - Chronic Disease	October 1 (Thursdays - 12:00 pm CT / 11:00 am MT)
BCBH Live! – Chronic Disease	October 19 (Monday's 1:00pm CT / 12:00pm MT)
BCBH Live! - Cancer	October 20 (Tuesday's 3:30pm CD/ 2:30pm MT)
GOAL: recurring schedule of BCBH-SD workshops with multiple type and delivery options each month	



**BCBH-SD CHW: Develop partnerships with rural and/or primary healthcare settings to support and sustain the BCBH-SD model in SD communities**

**Master Gardening**



**SDSU Extension**



**Farm Stress**



**SD Medicaid has approved BCBH®SD curriculum as a CHW training program**



**Park Rx (request park prescription pads) - Prescribe physical activity to your patients. Patients take the Rx to any state park and enjoy a free day in the park or discounted annual pass. 605.882.5140**



## BCBH-SD Resources



Categories	Publications List
Cancer	Chronic Disease
Cardiovascular	Publication Title
Chronic Disease	Referrals to Chronic Disease Programs in SD
Diabetes	Multiple Chronic Conditions Rack Card (print)
Disease Prevention	BCBH Workshop Posters (set of 4 posters)
Family Health	BCBH Chronic Disease Rack Card (print prev
Health Services	BCBH Diabetes Rack Card (print preview)



**BETTER CHOICES**  
**better health**  
GOOD & HEALTHY SOUTH DAKOTA COMMUNITIES

**Better Choices, Better Health** workshops are **FREE** for adults in South Dakota! Workshop participants living with a variety of health conditions such as arthritis, depression, fatigue and more learn how healthier choices improve quality of life & inspire positive lifestyle changes.

**SELF-MANAGEMENT EDUCATION**  
CHRONIC DISEASE | PAIN | DIABETES | CANCER

- Action Planning
- Managing Difficult Emotions
- Communication Skills
- Making Informed Decisions
- Relaxation Skills
- Nutrition & Physical Activity

**PHYSICAL ACTIVITY**  
WALK WITH EASE | FIT & STRONG

- Reducing Pain & Discomfort
- Walking Safely
- Preventing Falls
- Strength, Stamina & Stretching

**Workshop Formats: IN-PERSON | VIRTUAL | SELF-GUIDED**

Call **1-888-484-3800** or visit **www.betterchoicesbetterhealthsd.org**

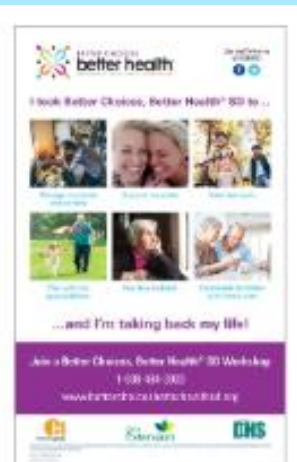






## BCBH-SD Referrals Model Policy

Guidelines created to assist all healthcare professionals to embed a referral process within their organization for patients and/or clients who might benefit from attending a BCBH workshop.







# BCBH-SD Distance Learning Program Delivery – From Anywhere!

**REGISTER, REFER, RECOMMEND, & more...**

call **1-888-484-3800** or go to

**[BetterChoicesBetterHealthSD.org](http://BetterChoicesBetterHealthSD.org)**



**@BCBHSD**

Hope to be back  
in Spring of 2021



## CONTACT US

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### WALK WITH EASE

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### FIT & STRONG!

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